

At Home... In the Environment

Sustainability and Stewardship at Your Home



Sustainability: *to act in such a way as to ensure the best outcomes for the human and natural environments, now and for the future. Sustainable development marries two important themes: that environmental protection does not preclude economic development and that economic development must be ecologically viable now and in the long run.*

Stewardship: *the responsibility for environmental quality shared by all those whose actions affect the environment. Everyday, more than 300 million Americans make countless choices that can impact our environment. By being an active environmental steward you can reduce those impacts and make a difference in the kind of world we live in today and pass on to future generations.*

<i>What you can do:</i>	<i>How it helps:</i>
<ul style="list-style-type: none">-To save the most energy and money, replace your highest used fixtures or the light bulbs in them with ENERGY STAR energy-efficient models.-Recycle, reuse and buy recycled products.-Increase your water knowledge. Understand where your water comes from and your local water issues. ADOPT your local WETLAND and WATERSHED!-Plant only native landscapes and promote sustainable watering practices.-Promote Smart Growth practices within your community.-Take public transportation, walk, carpool or ride a bike.	<ul style="list-style-type: none">-If every American home changed out just five high-use light fixtures or the bulbs in them with ones that have earned the ENERGY STAR, each family would save about \$60 every year in energy costs, and together we would save about \$6.5 billion each year in energy costs and prevent greenhouse gases equivalent to the emissions from more than 8 million cars.-A water efficient landscape design will curb plant disease, minimize the use of chemical fertilizers, save water, money, and labor time.-Recycling just one glass bottle saves enough electricity to light a 60-watt bulb for 4 hours! Recycling programs resulted in a diversion of about 32 percent of the nation's solid waste in 2005.

Keep this flyer on your refrigerator door to remind you to live sustainably at home!

Activities and Information for Kids!

What can you do with an old glass jar???

- wash and use as a drinking glass
- use it for leftovers
- use it as a cookie cutter
- store pens and pencils

Be a National Park Junior Ranger at home!

The National Park Junior Ranger program connects children and families to America's history, culture, lands and landscapes while fostering a greater appreciation for the preservation and protection of these special resources.

- Get to know the plants and animals in your community
- Take classes and volunteer at your local nature center
- Share what you learn with others

Count all the **ENERGY STAR** qualified appliances in your home _____.



Count all the **Compact Fluorescent Light Bulbs** in your home _____.



1) How can you help to slow global warming?

- ☐ Save electricity
- ☐ Plant trees
- ☐ Recycle
- ☐ All of the above

Answer: All of the above

Everyday Things you Can Do with Your Parents to be More Sustainable at Home:

- Turn off the lights, computer, and TV when you are done using them
- Unplug computers, TVs, and other electronic things when you know you won't be using them for a while. Believe it or not, many of them use electricity even when they're shut off.
- Wait until you have a lot of clothes to wash before using the washing machine. And then use the cold water setting. Why? Heating water uses lots of energy.
- Take shorter showers and don't fill the tub way up when you take a bath (see above).
- Wait until your dishwasher is full before running it and use the energy-saving setting.
- Adjust your water heater so it's no higher than 120 degrees.
- In summer, if you have to use an air-conditioner, set the temperature a few degrees higher than you usually do.
- In the winter, set the thermostat on your furnace a few degrees lower than you normally do.
- Going places? If it's just a short distance, think about walking or riding a bike, instead of hopping in the car. (It's always smart to check with your parents first.) If you do need to go by car, see if your family can combine errands instead of going back and forth to the same area several times a day.
- Check the tire pressure on your family's vehicles at least once a month. Low pressure makes a car burn more gas. Also make sure your cars are tuned up. A well-kept vehicle pollutes less.
- Recycle your paper, plastic, and cans.



GREEN HOUR™

Discover the Wonder of Nature...



The National Wildlife Federation recommends that parents give their kids a **"Green Hour" every day**, a time for unstructured play and interaction with the natural world. This can take place in a garden, a backyard, the park down the street, or any place that provides safe and accessible green spaces where children can learn and play.

Find More Info. at: <http://www.nwf.org/kidzone> <http://www.epa.gov/kids> <http://www.nps.gov/learn>